



Potato vindaloo

with brown rice



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, small pot, large pot



Pantry items needed: vegetable/coconut oil, apple cider vinegar, brown sugar (optional)



Hands-on: 35 minutes
Ready in: 40 minutes



Serves: 2 or 4

This classic Indian curry originates in the 14th century and was developed in the port city of Goa, where the Portuguese landed in India. Its unique flavour is almost chutney-like, with finely sliced aromatics and the tang from vinegar, which was traditionally used to preserve this dish for long sea journeys.

NO ADDED GLUTEN | CALORIE SMART | Adventurous, Great for leftovers, Spicy (hot)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Potato	250g	500g
Sweet potato	200g	400g
Brown onion	150g	300g
Ginger	30g	60g
Garlic	8g	16g
Green chilli	15g	30g
Tomato	220g	440g
Curry leaves	1g	2g
Mint	10g	20g
Basmati rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cups
Vegetable/coconut oil*	2 tbsp	4 tbsp
Vindaloo seed mix	1 packet	1 packet
Vindaloo masala	1 packet	1 packet
Apple cider vinegar*	1 tbsp + 1 tsp	2 tbsp + 1 tsp
Brown sugar (optional)*	½ tbsp	1 tbsp
Salt*	½ tsp	1 tsp
Water*	1 cup	

* Pantry items

Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook potatoes

Peel and cut **potato** and **sweet potato** into 2cm pieces. In a medium pot, place **potato** and **sweet potato** and add enough water to cover. Bring to a boil, reduce to a simmer and cook until a knife can easily pierce through the **potato**, about **12 minutes**. Drain and set aside.

2. Prepare vegetables

Halve and finely slice **onion**. Slice **ginger** into thin matchsticks. Finely slice **garlic**. Deseed and finely chop **chilli**. Finely dice **tomato**. Pick **curry** and **mint** leaves.

3. Cook rice

Rinse **basmati rice** through a sieve until the water runs clear. In a small pot, add **basmati rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

4. Cook curry

In a large pot over medium-low heat, add **oil***. When hot, add **onion** and **vindaloo seed mix** and cook, stirring regularly, until **onion** is soft and golden, about **8 minutes**. Add **ginger**, **garlic**, **chilli**, **curry leaves** and **vindaloo masala**. Mix well and cook for **2 minutes**.

Add **tomato**, **vinegar*** (tip 1), **brown sugar (optional)***, **salt***, **water*** and cooked **potatoes** and stir to combine. Bring to a boil, reduce to a simmer and cook, covered, stirring occasionally, for **15 minutes**. Uncover and cook for a further **5 minutes** until **curry** has thickened.

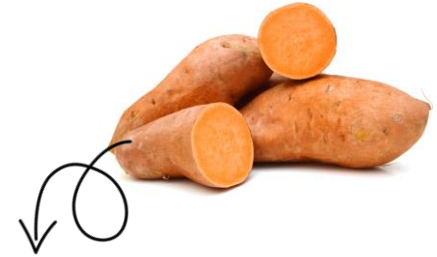
5. Serve

Serve **potato vindaloo** and **rice** in bowls, sprinkled with **mint** leaves (tip 2).

Cooking tips

1. If you don't have apple cider vinegar, you can use red wine vinegar or white wine vinegar.
2. Coconut yoghurt would be a nice accompaniment if you have any on hand.

Eat your way
to healthy!



Sweet potatoes are high in fibre and in various vitamins and minerals, including vitamins A and C, manganese and potassium.

They have been linked to health benefits such as improved immunity and eye health, and reduced risk of heart disease and certain types of cancer.

Nutritional information*

	Per 785g serve	Per 100g
Energy	1816kJ (434Cal)	231kJ (55Cal)
Protein	9.8g	1.2g
Fat, total	13.9g	1.8g
- Saturated	2.2g	0.3g
Carbohydrate	61.0g	8.0g
- Sugars	14.0g	2.0g
Sodium	511mg	65mg

* Nutritional information is based on averages